

Apple Crumble

V

See note on dessert apples at end of recipes.

Serves 8

Pastry

175g (6oz/generous 1 cup) plain white flour

75g (3oz/3/4 stick) butter

1 dessertspoon (2 American teaspoons) castor sugar

1 beaten egg, approximately

5-6 well flavoured eating apples, Cox's Orange Pippin or Golden Delicious or 5-6 stalks of red rhubarb or 675g (1 1/2lbs) plums or greengages

Crumble

75g (3oz/3/4 stick) unsalted butter

75g (3oz/generous 1/2 cup) plain white flour

110-150g (4-5oz/1/2 cup - generous 1/2 cup) granulated sugar from the vanilla pod jar

75g (3oz) chopped almonds (unpeeled)

1/4 teaspoon cinnamon

23-25.5cm (9 - 10 inch) tart tin or 6 x 10cm (4 inch) tartlet tins

Preheat the oven to 180°C/350°F/Gas Mark 4.

To Serve

softly whipped cream or Calvados Cream (see recipe)

First make the pastry.

Sieve the flour and sugar into a bowl, cut the butter into cubes and rub into the flour with the fingertips. Keep everything as cool as possible, if the fat is allowed to melt the finished pastry may be tough. When the mixture looks like coarse breadcrumbs, stop.

Whisk the egg. Take a fork or knife (whichever you feel most comfortable with) and add **just enough liquid** to bring the pastry together, then discard the fork and collect the pastry into a ball with your hands. This way you can judge more accurately if you need a few more drops of liquid. Although slightly damp pastry is easier to handle and roll out, the resulting crust can be tough and may well shrink out of shape as the water evaporates in the oven.

The drier and more difficult-to-handle pastry will give a crisper, 'shorter' crust. Cover and rest in the refrigerator for 30 minutes.

Line the tart or tartlet tins with pastry. Chill. Bake blind in the preheated oven **for 25-30 minutes** approximately until the pastry is three quarters cooked, remove from the oven. Take out the baking beans, brush with beaten egg wash and place back in the oven for another **2-3 minutes**.

Fill with **peeled and chopped cooking or stewed desert apples** or chopped rhubarb or halved plums or greengage depending on choice. **If using rhubarb (omit the cinnamon in the crumble or plum/greengage, sprinkle the fruit generously with 75-110g (3-4oz/scant 1/2 – 1/2 cup) sugar before adding the crumble topping.**

Next make the crumble.

Rub the butter into the flour and sugar to make a **coarse crumble**. Add the ground cinnamon and chopped almonds. Spread the crumble over the top of the fruit.

Bake in a preheated oven 180°C/350°F/Gas Mark 4 until fully cooked – 45-50 minutes (30 minutes approximately for tartlets).

Serve warm or cold with a bowl of softly whipped cream or Calvados Cream.

Calvados Cream

300ml (10fl oz/1 1/4 cups) cream

2 tablespoons (2 1/2 American tablespoons) Calvados

Softly whip the cream and flavour with the Calvados.

Apple and Mincemeat Crumble

Spread 1/2 pot of mincemeat (see recipe) on the base of the pie dish, top with apples and proceed as above. A brilliant way to use up left-over mincemeat after Christmas!

Note

If using dessert apples, stew gently with 1 tablespoon (1 American tablespoon + 1 teaspoon) of water on a low heat in a covered saucepan for 5-6 minutes or until almost soft. Crush to a coarse purée with a potato masher.

18/7/2023 (SH) (6025)

24/1/2022 (SH/DA/JP) (6025)

22/1/2021 (SH/FC)